

# PASTURE AND PLENTY

MARCH 25, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're excited for our line up of meals this week! Look for: a pot pie kit with buttery crust from the amazing ladies at Tart to roll out for yourself and then use to top our ready-made filling; a veg-laden soba noodle salad with crispy herbed tofu and sesame ginger dressing; and last (but never least) everyone's perennial fave, South African Peanut Curry! Oh, and did we mention the Turtle Brownies? Life is looking good!



**vegetable pot pie kit**  
with mixed greens and lemon dill  
vinaigrette



**soba noodle vegetable**  
salad with roasted herbed tofu  
and sesame ginger dressing



**South African sweet potato**  
and peanut curry  
with brown rice



### PRODUCER SPOTLIGHT

*We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:*

#### Tart

Winterfell Acres

Simple Soy Man

Elderberry Hill Farm

Vitruvian Farms

Arndt Land and Cattle

Saffi Saana

#### EXTRA GOODNESS

### turtle brownie

Instructions: Keep refrigerated and bring to room temperature before enjoying within 5 days.

Ingredients: Brownies (sugar, butter, flour, eggs, cocoa powder, chocolate chips, vanilla extract, salt, pecans), caramel (sugar, water, heavy cream)

Contains: Wheat, milk, egg, tree nuts (pecan)

#### WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

#### SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

## vegetable pot pie kit with mixed greens and lemon dill vinaigrette

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Vegetable Pot  
Pie Filling

Tart's Pie Crust  
Dough

Mixed Greens

Lemon Dill  
Vinaigrette

PAIR WITH

the fresh and  
chalky Jean Marc  
Barthez Bor-  
deaux Blanc  
or  
the light and  
malty GLD.01  
Golden Ale from  
Delta Beer Lab

- 1 Preheat oven to 400°F and remove your pie dough from the refrigerator to soften up for 10 to 15 minutes. Also remove your pyrex container of pot pie filling so that it starts to come to room temperature.
- 2 Roll-out your slightly softened pie crust dough. Lightly sprinkle a few tablespoons of flour on a large, flat surface. Sprinkle top of dough with a few more tablespoons of flour. Using a rolling pin, roll out dough into flat disc roughly the same shape as the pyrex container your pot pie is in. Every few rolls, turn dough slightly to ensure it's not sticking to counter or pin, and to get the most even shape possible. Add more flour as needed to keep dough from sticking. Roll until dough is about 1/8-inch thick.
- 3 Drape crust over filling, making a few slits or decorative holes on top. Tuck edges down around filling. Place your pot pie pyrex on a baking sheet to catch any overflow before transferring to oven.
- 4 Bake until the filling is bubbling and the crust is golden brown, about 25 to 30 minutes. The internal temperature of the pot pie should reach 165°F on an instant-read thermometer. Remove from oven and let rest.
- 5 While pot pie is resting, toss mixed greens with desired amount of vinaigrette.
- 6 Portion the pot pie onto individual plate and serve the salad alongside. Enjoy!

**Filling:** Vegetable stock, onion, carrot, celery, pea, corn, butter, ap flour, salt, pepper, garlic, olive oil, red wine vinegar, soy sauce, parsley, oregano, thyme, rosemary **Dough:** Unbleached enriched hard wheat flour, hard white whole wheat flour, sugar, kosher salt, butter **Vinaigrette:** Canola oil, white wine vinegar, lemon, Dijon, honey, shallot, salt, red chili flake, pepper **Mixed Greens**

Contains: *Wheat, milk, soy*

② READY-TO-EAT

## soba noodle vegetable salad with roasted tofu and sesame ginger dressing

Bring a pot of salted water to boil. Once boiling, cook soba noodles for 3 to 5 minutes, or until tender. Drain and rinse noodles under cold water, shaking off excess water.

Toss cooled and drained noodles with dressing and vegetables, including the pickled carrots. Set aside.

Meanwhile, preheat a frying pan over medium heat with a layer of olive oil; when the pan is hot enough, the oil will begin to shimmer. Reheat tofu cubes in the hot pan until warmed through and crispy on the edges, turning once, about 3 minutes per side.

Plate noodles and top with the hot tofu. Enjoy!

**Soba Noodles:** Organic wheat flour, organic buckwheat flour, organic buckwheat shell flour, salt **Dressing:** Tahini, rice vinegar, sesame oil, maple syrup, water, red miso, garlic, ginger, salt

**Vegetables:** Red and green cabbage, red bell pepper, oyster mushroom, edamame, olive oil, salt, pepper **Carrots:** Carrot, cider vinegar, rice vinegar, water, sugar, garlic, ginger, red pepper flake, star anise, salt **Tofu:** Water, organic non-GMO soybeans, imported Japanese ngari (magnesium chloride), garlic powder, onion powder, herbs and spices

Contains: *Soy, sesame, wheat, mushroom*

③ FARM-TO-FREEZER

## South African sweet potato and peanut curry with brown rice

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue  
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-2pm